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Monday, April 10, 2017 metro.us | t: MetroNewYork | f: MetroNewYork



YANKEES 2017 HOME SCHEDULE PREVIEW

Taking a look at key Yankee Stadium dates ahead of Monday's home opener. 28.

Family Feud comes to Trump's America. 6

Behind Janet Jackson's sudden split. 21

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BLIND LEADING THE BLIND

Blind engineers are developing amazing new technologies to help blind people. 4

GETTY IMAGES

TILLERSON BLAMES RUSSIAN INACTION

I U.S. Secretary of State Rex Tillerson blamed Russia's inaction for helping fuel a deadly poison gas attack against Syrian civilians last week, saying Moscow failed to carry out a 2013 agreement to secure and destroy chemical weapons in Syria. "I think the real failure here has been Russia's failure to live up to its commitments under the chemical weapons agreements that were entered into in 2013,"



Tillerson said on ABC's "This Week." "The failure related to the recent strike and the recent terrible chemical weapons attack in large measure is a failure on Russia's part to achieve its commitment to the international community," he added. Tillerson is expected in Moscow this week for talks with Russian officials. **REUTERS**

COMPUTER HACK SETS OFF 156 SIRENS IN DALLAS

2 A computer hack set off all the emergency sirens in Dallas for about 90 minutes overnight in one of the largest known breaches of a siren warning system, officials in the Texas city said. Dallas' 156 sirens, normally used to warn of tornadoes and other dangerous weather, were triggered at 11:42 p.m. CDT on Friday. The wailing did not end until 1:17 a.m. CDT on Saturday when engineers

manually shut down the sirens' radio system and repeaters, city Emergency Management Director Rocky Vaz said. "At this point, we can tell you with a good deal of confidence that this was somebody outside of our system that got in there and activated our sirens," he told reporters. The breach was believed to have originated in the area, city spokeswoman Sana Syed said in an emailed statement. **REUTERS**

MCFARLAND MAY BECOME ENVOY TO SINGAPORE

3 President Donald Trump's deputy national security adviser, K.T. McFarland, is expected to step down and has been offered the position of U.S. ambassador to Singapore, a U.S. official said on Sunday. The move will be seen as a victory for Trump's national security adviser, H.R. McMaster, who is retooling the national security team he inherited from retired Lieutenant General Michael



Flynn, who resigned as Trump's first national security adviser in February. McFarland, 65, is a former national security analyst for Fox News and was one of Trump's original hires after he won the presidential election on Nov. 8. **REUTERS**



EGYPT CHURCH BOMBING

4 A general view shows forensics collecting evidence at the site of a bomb blast which struck worshippers gathering to celebrate Palm Sunday at the Mar Girgis Coptic Church in the Nile Delta City of Tanta, 75 miles north of Cairo. For more on the bombing, see page 16. **GETTY IMAGES**

SECOND VICTIM DIES IN FLORIDA GYM SHOOTING

5 A second victim has died after a disgruntled fitness instructor opened fire on his former coworkers inside an upscale gym outside Miami before shooting himself, police said on Sunday. Fitness manager Marios Hortis, 42, died while being treated for injuries he sustained in the Saturday shooting at Equinox Fitness in Coral Gables, Miami-Dade County police said in a statement. The gym's general

manager, Janine Ackerman, 35, was also killed. The accused assailant, 33-year-old Abeku Wilson, was pronounced dead inside the gym, police said. The attack happened after Wilson was dismissed on Saturday from his job at the fitness center for "workplace violence" and escorted off the property, police said. Wilson returned with a handgun just before 1 p.m. and fired multiple rounds at Ackerman and Hortis. **REUTERS**



WELCOME TO METRO.US!

MATTHEW BURKE, SPORTS EDITOR

Two hip-hop artists are banned from all Norwegian Cruise Line ships because someone decided to be a party pooper during a party cruise hosted by New England Patriots star Rob Gronkowski. Get all the steamy details at Crunch Time at **metro.us**.

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Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week. Last week's winner was Brenda Ford-Kelly.

metro.us/quiz

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New breed of blind engineers develop technology to help sightless individuals

"It's never been a better time to be blind," says a blind engineer at the SAS Institute.



AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

Siri, what was life like for the blind before you? Apple Inc.'s virtual assistant might not have an answer for that question, but Ed Summers does.

"It's radically different than it was 15, even just 10 years ago," said Summers, the manager of accessibility and applied assistive technology at the SAS Institute, who became blind at the age of 30.

Summers is among a growing number of blind developers who are providing the experiential insight for creating technology for the blind. And the inclusion of disabled developers in the field is something of a metaphor for the inclusiveness new tech provides the disabled population.

"Now I don't have to pay the disability tax," he said, referring to not



Ed Summers is the manager of accessibility and applied assistive technology at the SAS Institute, where he develops tech for the blind. SAS INSTITUTE

only the high cost of the devices used by blind people, but to the alienation of being unable to readily collaborate and share information with sighted people.

"It's never been a better time to be blind," he said.

Not long ago, technology for the blind

consisted of bulky and expensive instruments: braille typewriters, braille compasses and currency identifiers.

"We had specialized devices and they were a huge step forward, but not necessarily compatible with other people's devices," Summers said.

For instance, JAWS

"It's radically different than it was 15, even just 10 years ago."

Ed Summers

(Job Access With Speech) released in 1995, was the first screen reading software that allowed the blind to use a computer — but only their own

computer.

Yet the new tech might eliminate the need for things such as a braille display, which transcribes electronic

text onto what looks like a keyboard with a strip of braille that moves. That thing costs anywhere from \$1,220 to \$5,000.

Summer's current research focuses on making academic and scientific tools, such as infographics, analytics and mathematical instruments, accessible to blind students and professionals.

With the help of a team of about 70 blind researchers, Finnish software developer Ilkka Pirttimaa has been perfecting an app called Blindsquare. It's essentially a GPS device, tour guide and travel agent for the blind in one program that harnesses the power of regular headphone controls. It accesses data from bus schedules to museum hours, gives a spatial description of destinations and combines it with the social restaurant platform Foursquare so users know exactly what is around them that will fit their needs.

"One youth told me it gives him a superpower over his sighted friends, who don't know what is behind the wall," Pirttimaa said.

Are Siri, Amazon Echo and Google home miracles for the blind?

Chancey Fleet got her first computer, a laptop, in 1988 when she was in first grade.

Since birth, her sight has been limited to light and dark, some shapes and movement — enough to "accidentally talk to mannequins" — but not enough to decipher print of any size.

"My parents were always big proponents of independence through technology," she said, adding that she was computer literate nearly a decade before many of her peers.

Since 2014, Fleet has been the assistive technology coordinator at the Andrew Heiskell Talking Library in Manhattan.

In order to meet a spike in demand for help with iPhones and



Chancey Fleet works as a technology coordinator for Manhattan's Andrew Heiskell Talking Library. AMANDA MIKELBERG

Androids, and talking interface devices such as the Amazon Echo and Google Home, Fleet is

relentlessly expanding her education programs for the blind.

"It's a convincing

illusion that programs for the blind [such as screen reading software] are harder to use," Fleet said.

"The only thing missing is community support. The difficulty of the task is nothing compared to the difficulty of being the only one."

In addition to the disparity in computer literacy between the blind and sighted, only 10 percent of 7.3 million blind Americans know braille, according to the National Federation for the Blind.

"That's why it's so important to have this learning community at this library," she said.

Her tutorials consist of the basic functions, such as how to turn on the device to coaching users on how to frame questions.

"A lot of people have what I call the Siri freeze — they'll press the button and say 'uh, wait, can

you tell me ...'."

While Siri and Alexa can help users do simple tasks and access information, it is quite difficult "if not impossible" to express yourself or create something new, such as a blog or even an email, she said.

"Let's say I wrote three sentences and I want to change the second sentence — Siri won't let you do that," Fleet said.

But the very promise of a formerly unattainable level of independence is creating excitement for things like Alexa.

"I really see people embracing them and feeling kind of joyful about the ease of experience with conversational interfaces," Fleet said.

AMANDA MIKELBERG



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- **A** or **J** service to/from Manhattan is available via transfer at **Broadway Junction**.
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####FASTRACK



TRUMP'S AMERICA

WHITE HOUSE FAMILY FEUD

Wild-Eyed Steve hates Swamp-Creature Reince. Swamp-Creature Reince hates Wild-Eyed Steve. And both of them positively loathe the Know-It-All Son-in-Law. Didn't he used to be a Democrat ... or maybe still is?

Yes, it's Family Feud time at the White House. I hope you weren't expecting that three-way peace parley to lay all the tensions to rest. These West Wing infighters are backstabbing for their political lives!

Steve Bannon's Alt-Righties, Reince Priebus' GOP Traditionalists and Jared Kushner's Blood Ties aren't playing for fast cash and snazzy prizes this time. This isn't some tribal TV game show.

At stake here is the future of the free and not-so-free world. Too

ELLIS HENICAN

Opinion

Ellis Henican is a seasoned observer of the nation's political and social landscape. He has appeared as a commentator on CNN, MSNBC and Fox News. He is a former columnist at Newsday. Follow him @henican



bad there's no good-natured Steve Harvey to dab the bruised egos

with humor and charm. This is Donald Trump's White House, where vicious internal conflict isn't just a side effect of power. It's the point.

According to the frantic leaks from Washington and Palm Beach, Trump's "creative conflict" is the managerial equivalent of dropping three poisonous snakes into a pit together then tossing in one live rat. It's impossible to predict which snake will be eating lunch today, but you can be damn certain the reptiles won't find a way to share.

If you're picking likely winners and losers, here's a tip: I wouldn't bet against Jared or his wife, Ivanka, or anyone else on the Blood Ties team. In Donald Trump's America, every day is Take Your Family to



Jared Kushner, left, husband of Ivanka Trump, hasn't been getting along with Donald Trump's chief strategist Steve Bannon. GETTY IMAGES

Work Day!

All signs say we should expect a White House shake-up any day now. Asked by Fox host Martha MacCallum if Wild-Eyed Steve and Swamp-Creature Reince are likely to stick around, counselor-to-the-president Kellyanne Conway delivered far less than a ringing endorsement. "I would assume so," she shrugged. "That's up to Donald Trump. ... I've heard nothing but rumors and innuendos

and press reports."

This is the very same spokeswoman, don't forget, who declared that Michael Flynn, Trump's Russia-hugging national security adviser, was totally secure in his

job — about 10 minutes before he was shown the door for lying to Vice President Mike Pence.

Kellyanne has played this game before. She's not making that mistake again.

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EXTRA SECURITY

NYPD guarding Coptic Christian churches in wake of Egypt bombings

Palm Sunday was a somber one for New York City's Coptic Christians mourning their brethren in Egypt where attacks on parishioners claimed 43 lives.

Two ISIS suicide bombers carried out separate attacks on churches in Alexandria and Tanta as churchgoers attended Palm Sunday Masses.

Although there are no specific threats to Coptic Christians in New

York, the NYPD made their security a priority.

In response to the terrorism, the NYPD — as it has following terrorist attacks against Muslims, Jews and Sikhs all over the country and world — shifted more officers to posts near the city's Coptic churches.

"Anything relevant to New Yorkers will be considered in deployment," a police representative told Metro. "They're always readjusting deployment as it relates to attacks anywhere, and

always changing it based on new information."

Father Gregory of St. Mark's Church said that the presence of a police squad car is welcome if it provides a sense of security.

"It is a difficult day for us," he said. "We woke up to the news and the community is mournful but we have a strong faith in our God and although it is tragic it is also expected from this world that we live in, because this is a world of suffering and pain."

"We are still trying to deal

with it all."

Nassau County police also increased presence for its Coptic congregations.

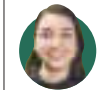
Nassau County Executive Edward Mangano and Acting Police Commissioner Thomas Krumpert said in a statement issued Sunday that "although there are no known imminent threats to Nassau County," police are stepping up patrols at government buildings, mass transit locations, "critical infrastructure" and "significant public events." **AMANDA MIKELBERG**



PIXABAY

Study: States with greater income inequality emit more pollution

Researchers at Boston College found that the greater the divide between rich and poor, the larger the carbon footprint.



KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

As the rich in America get richer, the environment gets more polluted.

Those are the findings of a new study from researchers at Boston College who looked at carbon emissions in the U.S. state by state, between 1997 and 2012.

Over that 16-year period, the study showed states with higher income inequalities also had a bigger carbon footprint.

Sociologist Juliet Schor, who co-authored "The Carbon-Wealth Link" with Andrew Jorgenson, said the connection between wealth and carbon emissions has been well documented on a global scale. The world's richest 10 percent produce half of all climate-harming emissions on Earth, according to a 2015 Oxfam report.

But the Boston College study is the first delve into how wealth relates to carbon emissions in the U.S., researchers said.

The answer: "The more unequal states pollute more," Schor said, and pollution levels actually increase as wealth

increases.

Researchers calculated how much additional carbon is burned as the income of the state's top 10 percent grows.

In Texas, a 1 percent increase in wealth added between 800,000 and 900,000 metric tons of carbon emissions into the atmosphere.

Washington, D.C., meanwhile, saw the lowest growth in carbon emissions, at an increase of 3,200 and 3,700 metric tons for each 1 percent increase in wealth.

Part of the blame can be attributed to consumption. A heavy amount of income concentrated at the top leads to what Schor calls "competitive consumption," people keeping up with affluent lifestyles. This means there are more people living "carbon-intensive lifestyles, so bigger houses, cars that pollute more, more air travel."

The second reason for the disparity has to do with the relationship between "economic power and political power."

This concept isn't entirely new. It's common that wealthy corporations can seek to push lawmakers to enact fewer or less stringent environmental regulations.

In this case, Schor said, wealthy individuals "involved in highly polluting activities" can pressure state governments to weaken or cancel emission regulations.

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In Georgia, 'Make Trump Furious' campaign rattles Republicans

With Democrats desperate for signs of hope, Ossoff's underdog "Make Trump Furious" campaign has endeared him to national anti-Trump activists.

After the crushing electoral losses that swept Donald Trump into the White House and sealed Republican control of the U.S. Congress, the Democrats' road to recovery winds through the leafy, well-heeled suburbs of north Atlanta.

Here, Democrats are threatening a stunning special election upset that could signal how well the party can turn Trump's low approval ratings into political gains. And they appear to have an ally in the April 18 vote: Trump himself.

In the most-watched congressional race so far in the Trump era, a wave of grassroots anti-Trump fervor has positioned Democrat Jon Ossoff, a 30-year-old political newcomer, to possibly capture a House of Representatives seat held by Republicans for decades, one of 24 seats Democrats need nationwide to reclaim the House.

"The grassroots intensity here is electric, and it's because folks are concerned that what is happening in Washington doesn't represent our values," Ossoff said in an interview. "This is a chance for this community to stand up and make a statement about what we believe." The documentary filmmaker and former congressional aide raised a jaw-dropping \$8.3 million in the first quarter, his campaign said.

"I've never seen the Democrats around here so engaged, and it's Donald Trump who got us so engaged," said Carolyn Hadaway, 77, a veteran party activist and retired software engineer from Mari-



Jon Ossoff JON OSSOFF FACEBOOK

etta, a city of about 60,000 people in Georgia's central Cobb County.

Georgia would seem an unlikely venue for a Democratic revival. Trump won it by about 5 percentage points in November. And its voters backed Republican nominees in eight of the last nine presidential contests, including the last six in a row.

But demographic changes are brewing. Growing minority communities and transplants from other regions have made Atlanta's suburbs increasingly competitive for Democrats. Georgia's sixth congressional district, the location for April's special election, exemplifies changes common in booming southern cities like Atlanta, Charlotte and Nashville.

The district is white collar, educated and doing well economically, with median household incomes of \$80,000 versus \$50,000 statewide, and nearly 60 percent of adults holding a college or professional degree, more than twice the statewide average. It is also increasingly diverse, and in recent years became a magnet for well-educated immigrants from India and other parts of Asia.

The district was about 80 percent white at the turn of the century. But since then, the black share of the population has grown from 10 percent to 13 percent, the Hispanic share has doubled to 12.5 percent and Asian representation doubled to more than 10 percent. **REUTERS**

CYBERSECURITY

New York regulator wants other states to model cyber laws after its rules

A group of U.S. state insurance regulators should use New York's sweeping cybersecurity rules as a model for how insurers must protect their networks from hackers and when they must disclose cyber events, New York's financial regulator said.

"We believe the best way for industry to focus on the threat of cybersecurity is to have a consistent framework," said

Maria Vullo, superintendent of the New York State Department of Financial Services at a meeting of the National Association of Insurance Commissioners (NAIC) in Denver. "The New York regulation is a road map with rules of the road."

Vullo made the remarks to a task force of state insurance commissioners who have been wrestling with developing a uniform cybersecurity law that all states can choose to adopt for insurers.

New York's cyber security rules took effect on March 1.

They followed a series of high-profile data breaches that resulted in losses of hundreds of millions of dollars to U.S. companies, including Target Corp., Home Depot Inc. and Anthem Inc.

The rules lay out steps that New York banks and insurers must take to protect their networks and customer data from hackers and disclose cyber events to state regulators. **REUTERS**

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Islamic State launches two suicide attacks on US-backed Syrian rebels

The Pentagon estimated between 20 and 30 Islamic State fighters, some wearing suicide vests, were involved in the ground assault.

Islamic State militants launched two suicide attacks on U.S.-backed Syrian rebels near the border with Iraq, leaving at least 12 dead in the fighting and many wounded, rebel sources said on Sunday.

They said eight Islamic State fighters and four of their own men died.

An attack at midnight on a heavily defended base near the al Tanf border crossing involved at least one explosive-laden vehicle that rammed an entrance to the base. At least two U.S.-backed rebels were killed and

scores wounded, a rebel source said.

The militants also staged a suicide attack on a convoy of rebel fighters from the Western-backed Osoud al Sharqiya rebel group, who had sent reinforcements from their outpost near the Rukban refugee camp further south west. Two of the fighters in the convoy were killed in the ambush.

Islamic State "staged a suicide attack and there were clashes inside Tanf. Two were killed and several injured. They also attacked our convoy but it's over and matters are under control," said a senior rebel source from Osoud al Sharqiya who requested anonymity.

Islamic State-affiliated Amaq news agency said two suicide attacks were conducted by its fighters near Tanf

on "positions of Syrian groups supported by America." It gave no details.

U.S.-led coalition planes were involved in the operation to track down the militants who staged the hit-and-run attack and apparently fled, a rebel commander involved in the operation said.

"Coalition and partnered forces defended against the ISIS attack with direct fire before destroying enemy assault vehicles and the remaining fighters with multiple coalition air strikes," the Pentagon said in a statement.

Both Tanf and Rukban are near the joint Syria-Iraq-Jordan border. Osoud al Sharqiya, one of the main groups in that area fighting Islamic State, is part of the Free Syrian Army of rebels financed and equipped by a Western

coalition.

Jordan, a U.S. ally, backs the moderate rebel groups aligned with the so-called Southern Front supported by an Arab-Western coalition, who are trying to prevent opposition-held southern Syria from falling to Islamic State.

The rebels took the border crossing of Tanf last year from the ultra-hardline militants and tried unsuccessfully to drive the militants out of the Syrian border town of Bukamal on the Euphrates, further northeast, a major supply conduit for Islamic State between its strongholds in Iraq and Syria.

In recent weeks, the militants in the Syrian desert near the Jordanian border have regrouped further north to reinforce their Raqqa stronghold, after major defeats in Syria and Iraq.

REUTERS

41st Paris Marathon



Competitors start on the Champs Elysees avenue for the 41st Paris Marathon 2017 on Sunday. For the first time in history, a married couple both won the Paris 2017 Marathon as 43,754 runners participated. GETTY IMAGES

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TODAY!

Alabama Supreme Court allows impeachment of governor to proceed

Governor Robert Bentley, a 74-year-old Republican, has battled impeachment efforts over the last year and has defied calls from political leaders that he stand down.

The Alabama Supreme Court ruled on Saturday that impeachment proceedings against Gov. Robert Bentley can start next week, halting a court order that had blocked hearings stemming from his relationship with a former aide.

The 7-0 decision by the high court allows impeachment proceedings to begin in the House of

Representatives' Judiciary Committee on Monday even as justices consider new filings in the case.

Bentley, who is in his second term, is accused of inappropriate use of state resources. His troubles began last year when recordings surfaced of him making suggestive remarks to a former adviser, Rebekah Mason, before his wife of 50 years filed for divorce in August 2015.

Bentley has denied having a physical affair with Mason, who is married. She resigned as questions about the pair's relationship began to dominate Alabama politics.

In its ruling, the Supreme Court stayed a temporary restraining order issued by a circuit court judge on Friday. The order had halted the impeachment process until hearings could be held on Bentley's claim that lawmakers did not give enough time to present an adequate defense.

Judiciary Committee Chairman Mike Jones hailed the decision, saying in a statement, "This is a great day for the Constitution of Alabama."

The Judiciary Com-



Gov. Robert Bentley GETTY IMAGES

"It's disappointing to hear the committee will plow forward while the Supreme Court is considering the case."
Garber

mittee will make a recommendation to the full House on whether to impeach Bentley.

Ross Garber, an attorney for Bentley, said his legal team would submit briefs to the Supreme Court by 1 p.m. CDT on Monday, the deadline set by the justices.

A state court on Friday had rejected Bentley's request to block the Judiciary Committee from releasing evidence about wrongdoing stemming from his relationship with Mason to be used for impeachment proceedings.

The committee's report accused Bentley of ordering state law enforcement officers to track down copies of an embarrassing recording that suggested an affair with Mason. It also accused him of retaliating against an official who discovered the relationship.

On Wednesday, the Alabama Ethics Commission also found that Bentley probably violated ethics and campaign finance laws. REUTERS

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By **NY Pain MD**

NY Pain MD is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other joint arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1

Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make **natural** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be **EXTREMELY PRECISE**. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at **NY Pain MD** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why **NY Pain MD** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at **NY Pain MD** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at **NY Pain MD** have found that earlier you start viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why **NY Pain MD** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indicate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to

significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

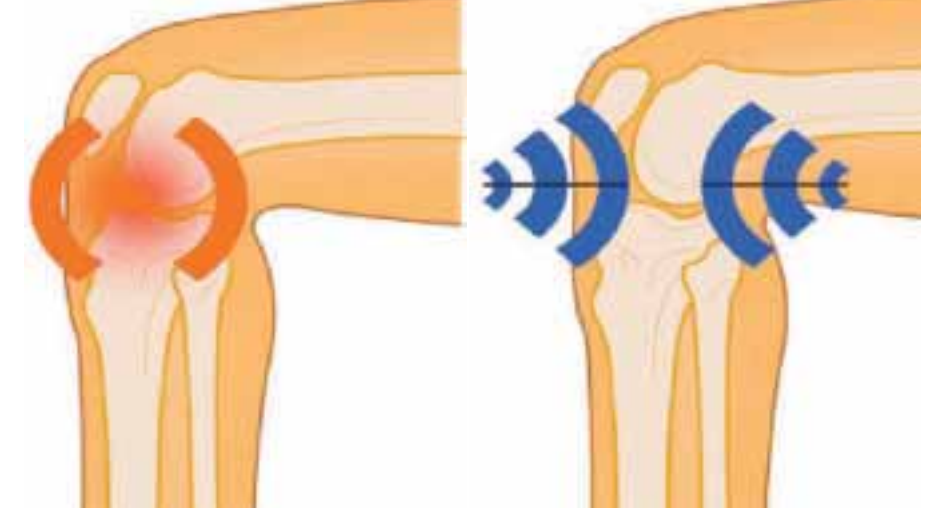
RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NY Pain MD**

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordinators will get you appointed for next month

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Palm Sunday bombings of Egyptian Coptic churches kill 44

Islamic State claimed responsibility for the attacks, which also injured more than 100 people and occurred a week before Coptic Easter.

At least 44 people were killed in Egypt in bomb attacks at the cathedral of the Coptic Pope and another church on Palm Sunday, prompting anger and fear among Christians and leading to troop deployments and the declaration of a three-month state of emergency.

The assault is the latest on a religious minority increasingly targeted by Islamist militants, and a challenge to President Abdel Fattah al-Sisi, who has pledged to protect them as part of his campaign

against extremism.

The first bombing, in Tanta, a Nile Delta city about 60 miles north of Cairo, tore through the inside of St. George Church during its Palm Sunday service, killing at least 27 people and injuring at least 78, the Ministry of Health said.

The second, a few hours later in Alexandria, hit Saint Mark's Cathedral, the historic seat of the Coptic Pope, killing 17 people, including three police officers, and injuring 48, the ministry added.

Coptic Pope Tawadros had been leading the mass at Saint Mark's Cathedral at the time of the explosion but was not injured, the Interior Ministry said.

"These acts will not harm the unity and cohesion of the people," he was later quoted as saying by state media.

Islamic State said two



People gather in front of the Saint George church after a bombing struck inside the church in the Nile Delta city of Tanta, Egypt on Sunday. GETTY IMAGES

of its fighters wearing suicide vests carried out the attacks, and it warned of more to come.

"Crusaders and their apostate allies should know the bill between us and them is very big and they will pay it with rivers of blood from their children, god willing. Wait for us, for we will wait for you," the group said in a statement.

In a televised speech addressing the nation, Sisi declared a three-month countrywide state of

emergency, subject to parliamentary approval, and called for national unity and urged the media to refrain from coverage that could be harmful.

"Deal with the issue with credibility, and responsibility and awareness," he said of the media coverage. "It's not right what I'm seeing being repeated on all of our channels, and you know this hurts Egyptians."

Sisi also ordered troops be immediately deployed to assist police in securing

"These acts will not harm the unity and cohesion of the people."

Tawadros

vital facilities, a rare move for the general-turned-president, who as defense chief led the military's 2013 ouster of the Muslim Brotherhood's President Mohamed Mursi.

Deflecting Western criticism that he has suppressed political opposition and human rights activists since he was elected in 2014, Sisi has sought to present himself as an indispensable bulwark against terrorism in the Middle East.

"The attack...will only harden the determination

(of the Egyptian people) to move forward on their trajectory to realise security, stability and comprehensive development," Sisi said in a statement.

President Trump, who hosted Sisi last week in his first official visit to the U.S., expressed support for a leader he said he plans to work more closely with on fighting Islamist militants, who Sisi identifies as an existential threat.

"So sad to hear of the terrorist attack in Egypt. U.S. strongly condemns. I have great confidence that President Al Sisi will handle situation properly," Trump wrote on his official Twitter account.

Hundreds gathered outside the Tanta church shortly after the blast, some weeping and wearing black while inside, blown apart pews sat atop tiles soaked with blood.

REUTERS



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Russian computer programmer arrested in Spain

A Russian computer programmer, Pyotr Levashov, has been arrested in the Spanish city of Barcelona, a spokesman for the Russian embassy in Madrid said on Sunday.

Russian television station RT reported that Levashov was suspected of being involved in hacking attacks linked to alleged interference in last year's U.S. election.

He was arrested under a U.S. international arrest warrant, RT reported on its website, citing Spanish police.

The embassy spokesman declined to give details on the reasons for Levashov's arrest. The Spanish police and interior ministry were not



available for comment.

Spanish authorities notified the embassy of Levashov's arrest on Friday, the spokesman said.

The U.S. government has formally accused Russia of hacking Democratic Party emails to help the campaign of Republican President Donald Trump. Congress is also examining links between Russia and Trump during the election campaign.

Russian officials, including President Vladimir Putin, have repeatedly denied that Russia tried to influence the election.

In January, Spanish police arrested another Russian computer programmer, whose name was given as "Lisov" and who was wanted by the United States under an international arrest warrant. REUTERS

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Support for Finnish anti-EU party slumps in local election

Finland's jointly ruling eurosceptic Finns party saw its support tumble in municipal elections on Sunday, a forecast by public broadcaster YLE showed, potentially tipping its own leadership race in favor of a hardline candidate.

With more than 95 percent of votes counted, YLE predicted Finns had won 8.8 percent support, slumping from the 17.7 percent of the vote it won in a 2015 parliamentary election and its 12.3 percent support in 2012 local elections.

The downturn for the second-biggest party in parliament could spell trouble for the three-party government by boosting support in the Finn's leadership race for Jussi Halla-aho, who has said he wants to take the country out of the euro zone and the European Union.

YLE's forecast showed Finance Minister Petteri



Finish Foreign Minister Timo Soini
GETTY IMAGES

Orpo's conservative NCP leading the election with 20.7 percent support, followed by the opposition Social Democrats with 19.4 percent and Prime Minister Juha Sipilä's Centre party with 17.5 percent.

The small opposition party The Greens also won more support than the Finns.

The Finns party, previously known as True Finns, has in recent years softened its nationalist

and anti-EU platform, helping it enter the government but also angering some of its core voters.

"There's no way around it, we took it on the chin. ... We suffered from the government's austerity policy. Our work for the fatherland took its toll," Foreign Minister Timo Soini who is due in June to step down from the helm of the Finns party, told reporters.

"The party must analyze what it wants, whether it wants to stick to the government policy. ... I hope it will not become an opposition party that protests everything."

Halla-aho, a member of the European Parliament and an anti-immigration hardliner, is one of two front-runners in the Finns' leadership race along with lawmaker Sampo Terho, a Soini ally. REUTERS

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US admiral: Russian naval activity in Europe exceeds Cold War levels

Ties between Moscow and the West have been strained since Russia's annexation of the Crimea region of Ukraine in 2014.

Recent Russian naval activity in Europe exceeds levels seen during the Cold War, a top U.S. and NATO military officer said, voicing concern that the distributed nature of the deployments could end up "splitting and distracting" the transatlantic alliance.

Navy Adm. Michelle Howard, who heads NATO's Allied Joint Force



Russian navy officers aboard the Adm. Kuznetsov aircraft carrier get a welcoming ceremony as they return from the Mediterranean Sea. GETTY IMAGES

Command in Naples and commands U.S. naval forces in Europe and Africa, said Russia had clearly stepped up its naval actions in recent

years although the size of its navy was smaller now than during the Cold War era.

"We're seeing activity that we didn't even see

when it was the Soviet Union. It's precedential activity," Howard told Reuters in an interview late on Saturday during a missile defense conference.

Howard cited a wide range of activities, including Russia's deployment of its Adm. Kuznetsov aircraft carrier to the Mediterranean, increased patrols in the north Atlantic and Arctic region, significant out-of-area submarine deployments and submarine movement in the Black Sea.

"They're a global navy, I understand that. But the activity in this theater has substantially moved up in the last couple of years," Howard said.

She said there was a danger that members of the NATO alliance would focus on the area of interest closest to them, while losing sight of Russian ac-

tivities in other areas.

"When ... you think about what happens when they move forces around, you look at the alliance and they end up splitting and distracting the view of the alliance," she said.

Howard said the Russian naval maneuvers had been matched by increased persistent cyber attacks by Moscow, and a steady number of unprofessional "flybys" by Russian aircraft of U.S. and other allied vessels at sea.

NATO has built up physical forces in Poland and the Baltic states to build up a deterrent and underscore the strength of the alliance.

REUTERS

McMaster: Movement of US Navy strike group a reaction to N. Korea

A U.S. decision to move a Navy strike group toward the Korean Peninsula is a "prudent" reaction to a pattern of provocative behavior from North Korea, White House national security adviser H.R. McMaster said on Sunday.

President Donald Trump will review options to remove the threat posed by North Korea's nuclear arsenal, McMaster told Fox News Sunday, adding that Chinese President Xi Jinping agreed with Trump

"This is a rogue regime that is now a nuclear-capable regime, and President Xi and President Trump agreed that that is unacceptable, that what must happen is the denuclearization of the Korean Peninsula."

McMaster

last week that the situation is unacceptable.

"It's prudent to do it, isn't it?" McMaster said, when asked why the Navy strike group Carl Vinson, whose flagship is a nuclear-powered aircraft carrier of that

name, will make its way toward the Korean peninsula from Singapore as a show of force.

Reuters was the first to report the deployment on Saturday.

"This is a rogue regime that is now a

nuclear-capable regime, and President Xi and President Trump agreed that that is unacceptable, that what must happen is the denuclearization of the Korean Peninsula," McMaster said.



The aircraft carrier USS Carl Vinson GETTY IMAGES

North Korean officials, including leader Kim Jong Un, have repeatedly indicated an intercontinental ballistic missile test or something similar could be coming, possibly as soon as April 15, the

105th birthday of North Korea's founding president and celebrated annually as "the Day of the Sun."

Pyongyang tested a liquid-fueled Scud missile this month.

REUTERS

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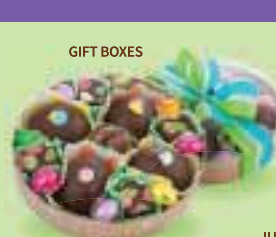
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Janet Jackson splits from latest husband

Janet Jackson and her husband, Wissam Al Mana, have split after five years of marriage. Sigh.

According to Page Six, Al Mana reportedly was a supercontrolling dude prone to reclusiveness. No thanks! "She thought he had become too controlling during the pregnancy and she had already allowed him to dictate her appearance and even the way she performed at concerts," shared a source close to the couple.

Al Mana also made her stop doing videos featuring any bumping or grinding — and if you know anything about Janet Freakin' Jackson, she's all about the bumping, and also the grinding. It's kind of her specialty.

The couple welcomed



ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

their son, Eissa Al Mana, in January. But they soon learned what every teenager on "Teen Mom" has learned — a baby doesn't really solve your problems.

No word yet on whether Jackson will seek spousal or child support, and this is a bummer.

the
word

RACHAEL VAUGHAN CLEMMONS
rachael.clemmons@metro.us

J-Lo and A-Rod try exclusivity on for size

Jennifer Lopez and Alex Rodriguez are both exclusive and 12 percent closer to being outright Instagram official, and I can't even.

On Saturday, J to the L-O posted an Instagram picture of her and, we're all assuming Rodriguez at this point, cuddling on the couch with matching white sneakers on.

Which begs the question: Who



INSTAGRAM/@JLO

hangs out on a couch with their sneakers on? Are you guys animals?

US Weekly reports that although the pair is only three months into their relationship, the two are already getting serious. "They've been talking about the future and, of course marriage has come up," a source says. Too soon! Seriously. It's too soon.

Lopez has apparently already introduced A-Rod to her mother,

Guadalupe. Rodriguez described the relationship in detail on

"The View," in short, simple sentences, calling the 47-year-old things like "incredible mother," "great daughter" and "very simple person." I bet he reads a lot of Dr. Seuss! That's not an insult. Dr. Seuss is lit.

Spring has sprung, love is in the air, this romance is one for the ages, etc.

Kendall Jenner is a little worried about Pepsi backlash

Kendall Jenner is reportedly "devastated" and "traumatized" over the Pepsi commercial backlash. LOL.

The 21-year-old returned to L.A. from Paris on Friday night and apparently she's worried about the future of her career.

A source tells Hollywood Life that the young model had really high hopes for the commercial, which again, what? "Now she's terrified she will never work again or become a laughing stock." The source continued, "The world sees her as this glamorous, sophisticated, jet-setting woman,



but she's only 21 and she's very sensitive." It is this writer's humble opinion that only 21-year-olds and their similarly aged cohorts would go so far as to describe themselves as "glamorous" and/or "jet-setting" with no hint of irony.

Apparently, the response to the Pepsi ad has been painful and embarrassing for Jenner, which it should be. Everyone who was involved in this tone-deaf fiasco should be suffering crippling pain and embarrassment. It's 2017. Perhaps it's time to learn from our mistakes, yeah?

Chrissy Teigen did something very nice



Chrissy Teigen — who continues to exhibit signs of relative normalcy despite being a rich AF model married to John Legend — did something really nice for a fan the other day.

Mercedes Edney started a crowdfunding campaign online to pay for beauty school. And according to E! News, Chrissy donated the remaining \$5,600 of the almost \$6,000 she requested on Friday. "I've seen this be your passion for such a long time now," Teigen wrote

to Edney. "So excited to see you fulfill your dream!"

So you're telling me Chrissy Teigen — an extreme babe who is passionate about fatty foods, hanging out with her mom and being an open book about postpartum depression and falling asleep during Casey Affleck's Oscar speech — also is a freakin' Good Samaritan with a heart of gold?

Enough is enough, Chrissy. What, are you trying to make us all love you? Because it's working.



Celebs we wish were still a thing

Last week, Chris Evans and Jenny Slate — who have both recently spent a lot of time talking fondly about their relationship — reunited for the first time since their break up. The very attractive, very unlikely couple separated because, in the end, they were too different.

Even though they're probably not playing a giant prank on us, even though they are probably not secretly together and laughing at all of us, the gullible people, behind our backs, I kind of wish they were. And they're not the only ones.

For a look at our favorite couples we wish were still together, head to Metro.us/entertainment. Do us all a favor and reconsider, would you?

Yankee Stadium gets fan-friendly

The ballpark's make-over caters to crowds with new social areas and less-pricey tickets.



EVA KIS
@thisiskis
eva.kis@metro.us

The new Yankee Stadium being unveiled today for the team's first home game of the 2017 season is a giant step into the 21st century. Fans now have several new ways to experience the action — and new, less-expensive ticket options to get them up to the Bronx.

"Part of our intention was not just to cater to families, but also all generations," says Kevin Dart, vice president of ticket sales, services and operations. "We wanted to make sure to cover all our bases."

That begins with giving more fans access. This season, the ball-



At left, the newly expanded Batter's Eye Deck is a great vantage point on the action. Right, one of the new terraces on the 100 level. EVA KIS



park will offer 200,000 more tickets for \$15 or less. This includes two new options available both online and on game day: **Grandstand Level**, a limited number of seats for \$10, and **Pinstripe Pass** for \$15, which grants you general-admission access and one drink (beer, soda or water).

With all the new ways to watch the game, you won't want to stay in your seat,

anyway. The biggest change has turned one of the least-popular areas of the stadium into a hot new hangout. On the 100 level, obstructed bleacher seats have been replaced with two terraces that look into the bullpens, with a full bar and food menu, drink rails and outlets. Upstairs in sections 311 and 328, you can pull up a seat at the **Budweiser Party Decks**, which has two full bars and plenty

of tables opening an hour and a half before the game begins.

Perhaps the best view is from the **Batter's Eye Deck** bar on the 200 level, which looks straight down the second baseline. The bar also features a large patio with tall tables and drink rails.

If you've got your eye on another game, head to the indoor **AT&T Sports Lounge** on the field level. There you'll

find wall-to-wall TVs showing every MLB game.

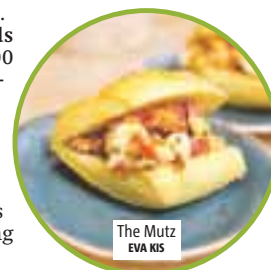
And all these new areas have added outlets to charge your devices.

Also new is the **Kids Clubhouse** on the 300 level. The baseball-themed playground has tons of equipment to climb on, plus a pitching cage and dugout benches for parents. There's even a room for nursing mothers.

Best new eats

Visit metro.us for our full lineup of what to eat at Yankee Stadium this season. Here's the top new bite.

Mozzarella Joint: From just curd, salt and water, Mitch Cynamon creates a mild, chewy cheese that is hand-pulled at his new stand in center field behind the right-side bleachers. The cheese is chopped up with grilled vegetables or sopressata "so you get a little bit of everything" before being piled into a dense, slightly sweet semolina roll. Also available as a panzanella salad.



The Mutz
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Malin Akerman is tired of being just a pretty face



In "The Ticket," now on VOD, Malin Akerman (with Oliver Platt) plays a woman whose blind husband (Dan Stevens) regains his sight. SHOUT! FACTORY

The actress talks about moving from comedy to TV and more serious fare like "The Ticket."



MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Malin Akerman has a few complaints about "Hamil-

ton." Not many, but a few. "I loved it, but I did think it was a little bit too long," the actress confesses. "But you do get to drink alcohol in the theater, so that makes it much better." She stresses again that she adored it, though she did have other carps. "I wished the female characters had a little more oomph. There's a song one of the

women did that's incredible. The music is so cool and different — and then the women come in and it's traditional Broadway songs.

"Again, I loved it," she adds.

Akerman has been thinking a lot recently about strong female characters. When the Swedish-born actress first crashed Hollywood, she was often cast primarily for her looks: in "The Skulls," in "Harold and Kumar Go to White Castle." Playing Laurie Jupiter in "Watchmen" gave her more meat than usual, but she was still largely stuck playing attractive characters. Over the last few years, she found herself ditching blockbusters to focus

on TV and indies, where the roles are great for both genders.

That includes "The Ticket," a drama about a blind man, James (Dan Stevens), who's suddenly given the gift of sight. Finally allowed to see, he finds himself drifting away from his wife,

Sam (Akerman), and taking up with another woman (Kerry Bishe). The film is a mood piece, with beautiful cinematography and a dream-like feel. But Akerman still felt it made time for characters. That includes Sam.

"I love any characters who struggle with real issues like



TV Party

The dearth of interesting roles in big movies is why so many, like Akerman, have turned to TV. Akerman is on Showtime's "Billions," with Paul Giamatti and Damian Lewis. She's done TV before, but it's the first show to last more than one season. (It's recently been renewed for a third.)

The shift into more complex, serious roles has also meant largely abandoning comedy. Akerman has done her share of those: "The Proposal," "Couples Retreat," "Wanderlust." But it's not her favorite genre.

"The stuff I watch is not comedy. I watch a lot of foreign films. The TV I watch is 'Breaking Bad' and 'House of Cards.' I felt like I should be doing what I love watching," Akerman explains. Her career shift came when she gave birth to her son. "Having a child shifts your whole universe. It felt like I had a whole new well of feelings and emotions that I could tap into after having a child. I was ready to strip any kind of mask off. This feels like a more authentic place to go at this point. I just have to follow my feelings. I was craving a little more substance in my work."

that — just like in real life. I thought it would be interesting to work with a character who has a real arc," says Akerman. Then she adds with a laugh and a sarcastic shrug, "What a concept, right?"

Akerman doesn't find these kinds of roles in the big movies. "I'm not going to bite the hand that feeds me, because I'm so appreciative," says

Akerman. "But I really love independent films because they're so different. They don't have a formula they need to follow. It doesn't have to be a Marvel comic. It's almost like the movies that we see in big theaters are the movies that get Botox. Everything's so perfect. These are the ones that actually represent human beings."

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Julia Michaels makes solo debut with 'Issues'

The 23-year-old composer behind your favorite pop songs now has one of her own.

LUCIA HERNANDEZ
MWN
@MetroNewYork
letters@metro.us

Julia Michaels made a name for herself as one of the most-sought-after pop composers, collaborating with Justin Tranter to co-write hits from Justin Bieber's "Sorry," to Selena Gomez's "Good For You," Hailee Steinfeld's "Love Myself" and more.

Now with the release of her debut single and video, "Issues," the 23-year-old singer is poised for her first major success as a solo artist.

Michaels chats with Metro about her experience as a hit songwriter and the issues she has had to overcome in her transition from behind-the-scenes to the spotlight.

What made you decide it was time to sing your own songs?

I discovered that I was very good at hiding behind people, and sometimes when you do that you forget that you have a voice, and it is very easy to lose yourself. When I wrote "Issues," I felt that I had finally found my voice.

Is there a song you've written for another artist that you wish you had performed?

No. I'm a songwriter; that's what I do

and it's about giving away my "babies." If someone sings the song with the passion with which I wrote it, that is rewarding enough for me.

You recently debuted on live television with Jimmy Fallon. How was that experience?

It was incredible! Whenever I sing in front of an audience I get very nervous, but Jimmy Fallon and my musicians were very supportive and affectionate, they really made getting on that stage much easier, so the whole experience was wonderful.

What's next for you?

In May I put out my EP [tentatively titled "Nervous System"]. And then my next performance will be on April 29 at the Radio Disney Music Awards.

What are some "issues" that you would like to overcome?

All of the ones from the song! I'm very insecure, jealous. There are many things that I would like to overcome, but I also know that over time I will mature.

How do you feel about the success from the song and video?

I feel great. I am very happy that people have connected with "Issues" and feel moved to listen to it and even talk to me about it.



Pop songwriter Julia Michaels now has her own hit single with "Issues." GETTY

For me, it is amazing to receive messages every day from people around the world telling me that they love the song.

Does any particular tweet or message stand out?

Yes. In fact, recently I did a contest on my social networks where I asked my followers to comment with the issues they struggle with in their day-to-day lives and how they have overcome them. Some of the comments were so honest that it was wonderful to read them, because it is interesting to see how many people suffer from anxiety and depression every day. The anxiety part I understood perfectly, because it is something that I have dealt with for a long time.

Where do you find the inspiration for your songs?

I actually wrote "Issues" after a fight I had with my boyfriend. I always run away from confrontations. I took everything that I really wanted to say to him but couldn't and put it in the song.

Which artists influence you?

I admire a lot of the people I've worked with and a lot of the artists I've grown up with, like Fiona Apple and Alanis Morissette.

Do you spend more of your time writing or singing?

No doubt I spend more time writing. I think all the hours of my day go into writing.



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Lilly Singh on conquering your career



Lilly Singh is superwoman of the internet GETTY IMAGES

Tip No. 5: F*** the rules.

SARA FEINSTEIN
@SaraBFeinstein
sara.feinstein@metro.us

Better known by her alias, "Superwoman," Lilly Singh has a good reason to claim such a name. The 28-year-old star and recent author of the book, "How to Be a Bawse" has made a wildly successful career for herself, garnering over 11 million subscribers and 2 billion views on her YouTube channel and raking in \$2.5 million dollars annually. She even outdoes the iconic superhero herself, coming up to the first search on Google.

But Singh wasn't always a "bawse." Getting to that sweet spot took time, and she had to work—hard.

Thankfully, she's not shy about doling out advice (and who wouldn't take tips from someone who's found a way to collaborate with Dwayne Johnson and slip in time for tea with Michelle Obama?).

We spoke with Singh about how to become our own super humans and take our careers to the next level:

In your new book, you suggest that people map out their visions if they want to truly conquer life. How does that work?

A lot of people know that to be successful you have to work hard, but a lot of people that work really hard don't really know what the end goal is. Making a vision board is a great way to know what you're working towards. On my vision board I have

people I'd like to work with, so Dwayne Johnson is on there, Selena Gomez is on there. I also have places I want to visit or passion projects I want to start, charities I want to donate to — so just anything you aspire to do.

I'm sure making these visions a reality involves putting ourselves into uncomfortable situations.

Absolutely. I'm a big believer that success lies outside of your comfort zone and one of the hardest things to do is to be Wwilling to fail. Sometimes you just have to count to three and throw yourself into something you're nervous about doing, because the next time you do it, you'll be a little less nervous, and the next time, you'll be slightly less nervous. It's all just part of the process.

What about FOMO? What happens when that little voice in our head is telling us to procrastinate or go out and party with our friends instead of getting to work?

How I've kind of learned to deal with FOMO is by doing something I really love, so that FOMO is weak to begin with. Making lists also work, so every time FOMO wins and you do something to procrastinate, you write it on your list. And you have another list, one for every time you overcome FOMO and decide not go to that party or not binge watch Netflix and you accomplish something. So by the end of two weeks or a month you

have two lists: one where you beat FOMO and one where you didn't and you see all of results that came from that decision. When you analyze those lists you'll be able to see which one means more to you, and

hopefully that will be your reminder the next time you want to slack off.

You're also a strong believer in breaking the rules to get where you want in life.

There are certain rules that people should definitely follow or the world would be in chaos, but when it comes to business, you don't always have to play by the rules. With my career, I've broken the mold of how people traditionally get through the entertainment industry. A great way to f*** protocol is to be creative and make your own path and sometimes break the rules so that you can make the magic you want to make.



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How to become a midwife



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SARA FEINSTEIN
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A nurse midwife's job doesn't stop at childbirth. Not only do they manage all stages of a woman's pregnancy — from start to finish — but they also help women and families plan for parenthood.

We spoke with Tina Johnson, the interim director of midwifery practice, education and global outreach at the American College of Nurse-Midwives to find

out more about this expanding field.

What does a nurse midwife do?

Midwives serve as primary health-care providers to women throughout the lifespan of their pregnancy, says Johnson. "This means [they] perform physical exams, prescribe medications, order laboratory tests as needed, provide prenatal care, gynecological care, labor and birth care, as well as health education and counseling to women of all ages," she explains.

And their all-encompassing role certainly has its benefits. In general, "women, children, and families have better lives because of the work of certified nurse-midwives," says Johnson.

What schooling do you need to become a nurse midwife?

Nurse-midwives typically

The Bureau of Labor Statistics reports that the profession is projected to grow 31 percent from 2014 to 2024, much faster than the average for all occupations.

begin their careers as registered nurses after completing a bachelor's of science in nursing. After that, they need to get into a midwifery program accredited by the Accreditation Commission for Midwifery Education and receive their graduate degree, which leads to the last step: passing the American Midwifery Certification Board (AMCB) exam to become certified to practice as a nurse-midwife.

What's the typical salary for a nurse midwife?

The median annual salary for nurse-midwife was \$102,390 in 2016,

according to the most recent reports by the Bureau of Labor Statistics. The best paid in the profession make \$142,510 annually, while the lowest-paid make \$66,660.

Is this a promising field to enter at the moment?

"Given the current workforce shortages for primary care, midwifery and OB/GYN services nationwide, now is a great time to pursue a career in midwifery," says Johnson, adding that over 40 percent of all U.S. counties have no maternity-care providers (physicians or midwives). "Nurse-midwives are

highly skilled and can help to fill these access gaps."

Even better, the Bureau of Labor Statistics reports that the profession is projected to grow 31 percent from 2014 to 2024, much faster than the average for all occupations.

The pros

"Nurse-midwives have the privilege of working in a variety of settings including private practices, hospitals, birth centers, health clinics, and home-birth services," says Johnson. But that's only a small chunk of the benefits. "It's the individual client care that is the hallmark of midwifery that really makes the profession so rewarding," she explains, noting that midwives have the ability to improve access to high quality, optimal health outcomes for women and families.

There is also ample opportunity for professional growth and research, interdisciplinary practice and the ability to shift the culture of birth toward a more holistic focus on supporting healthy, physiologic birth and wellness, she explains.

"And, since birth affects 100 percent of all people, there will always be a need for the care that midwives can so skillfully provide."

The cons

The main drawback of the occupation is the fact that states and communities are not using midwifery care to its full potential, says Johnson. "There still remain barriers to practice in some areas due to prohibitive state regulations, inadequate reimbursement and insurance coverage, and hospital credentialing issues."

Changing the face of technology

Women can do absolutely anything — including take over the tech industry.

That was the consensus before the media company Bustle and the coding academy Flatiron School came together to launch an expansion of their Women Take Tech initiative with a scholarship for women who want to embark on

careers in technology.

"We believe companies of all kinds benefit with more women in engineering positions," says Kate Ward, Bustle's editor-in-chief. "Bustle is passionate about fostering and supporting more female talent and more female perspectives in the world of technology and media, and about helping to close the gender gap in

engineering."

And it's working on doing exactly that. Together, Bustle and Flatiron will offer scholarships for 25 women at Flatiron School's online web-developer program, reducing tuition from \$1,500 to \$750 a month.

To find out more or to apply, go to go.flatironschool.com/women-take-tech-bustle
SARA FEINSTEIN



The scholarship hopes to increase opportunity for future female software engineers.

ISTOCK



Juan Carlos Pérez earned his master's at Adelphi and now teaches newly immigrated children in NYC.

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The Yankees will start their 2017 home schedule without Gary Sanchez (right), who is nursing a strained right bicep. GETTY IMAGES

Yankees key 2017 dates ahead of Monday's home opener

Taking a look at a packed 2017 Yankees home schedule.



JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

The Bronx cathedral that is Yankee Stadium opens its doors on Monday for the pinstripes' home opener against the Tampa Bay Rays (1:05 p.m. ET).

Some home cooking might be just what the Yankees need after a tough opening stretch on the road that already saw them lose two out of three games to the Rays.

Their early trip did end on a positive note though with a 7-3 victory over the Baltimore Orioles on Sunday afternoon.

C.C. Sabathia put together a solid effort yet again in the win, allowing two earned runs on six hits over six innings.

Aaron Judge led the offensive effort with two RBIs and his first home run of the season.

The lower end of the rotation will be asked to start the home schedule off on the right foot as Michael Pineda is expected to take the ball on Monday.

His last start on April 5 against these very Rays did not go well as he allowed four runs on eight hits in 3.2 innings. New York would go on to lose the game, 4-1.

He'll face off against Alex Cobb once again, who allowed just one run in 5.2 innings in that Rays victory.

Luis Severino will take the ball on Wednesday before Masahiro Tanaka tries to get his season on track Thursday.

In two starts this season, Tanaka has pitched a combined 7.2 innings and allowed 10 earned runs

on 14 hits.

Yankees fans will have to wait to see catcher Gary Sanchez at the house that Jeter built for a little while after he was placed on the 10-day disabled list because of a strained right bicep.

Besides the product on the field, Monday also ushers in a season containing ceremonies and a plethora of giveaways, offering Yankees fans an added incentive to head to the ballpark all year long.

Key 2017 Yankees home dates

Monday, Apr. 10 vs. Rays: Magnetic Schedule Day

Saturday, Apr. 15 vs. Cardinals: Calendar Day

Friday, Apr. 28 vs. Orioles: Yankees Fleece Blanket Night

Sunday, Apr. 30 vs. Orioles: Gary Sanchez Bobblehead Day

Sunday, May 14 vs. Astros: Derek Jeter Night

Jun. 6-8: First home

series vs. Red Sox

Friday, Jun. 9 vs. Orioles: Reggie Jackson Bobblehead Night

Sunday, Jun. 11 vs. Orioles: Bat Day

Wednesday, Jun. 21 vs. Angels: Cap Night

Sunday, Jun. 25 vs. Rangers: Old-Timers' Day

Sunday, Jul. 9 vs. Brewers: Whitey Ford Bobblehead Day

Saturday, Jul. 29 vs.

Rays: Yankees Camo Cap Day

Wednesday, Aug. 2 vs. Tigers: Poster Day

Aug. 14-15: Subway Series vs. Mets

Saturday, Aug. 26 vs. Mariners: Yankees Collectible Truck Day

Sunday, Aug. 27 vs. Mariners: Aroldis Chapman Bobblehead Day

Wednesday, Aug. 30 vs. Indians: Yankees Draw-string Backpack Day

Sunday, Sept. 17 vs. Orioles: 1977 World Championship Fan Ring Day

Sunday, Oct. 1 vs. Blue Jays: Last game of the regular season



Changes aplenty ahead for the Islanders after elimination

Playoff-less season should bring about plenty of changes within the Islanders.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Despite a frantic scramble toward the end of the season, the New York Islanders fell just short of a third-consecutive playoff berth when the Toronto Maple Leafs locked up the final Eastern Conference postseason spot Saturday with a 5-3 win over the Pittsburgh Penguins.

Moral victories provide little consolation for a franchise and its fan base, but it was remarkable that the Islanders were in contention given the miserable start they had to the 2016-17 season.

Under Jack Capuano, who had coached the team since the middle of the 2010-11 season, the Islanders sputtered to a 17-17-8 start, which was the third-worst record in the NHL.

After a 4-0 victory against the Boston Bruins in January, Capuano was canned for assistant coach Doug Weight, who brought about an immediate revitalization.

The Islanders responded with seven wins in their first 10 games under Weight and charged back into the Eastern Conference playoff race.

Following a March 9 win over the Dallas Stars, the Islanders held the final wild-card spot in the East and held their playoff hopes in their own hands.

The wheels fell off after that though as New York took just 12 points out of a possible 28 over a 14-game stretch including three-straight losses to the Boston Bruins, Nashville Predators and Philadelphia Flyers.

It allowed the Toronto Maple Leafs and Tampa Bay Lightning to hop over them in the standings and created an insurmountable deficit.

Now the Islanders are facing an offseason of uncertainty involving all corners of the organization



The Islanders have a busy offseason laid ahead of them after a disappointing 2016-17 season drew to a close on Sunday. GETTY IMAGES

and it's not only Weight's status as head coach.

Starting in the front office, general manager Garth Snow has been in search of legitimate help to flank star center and captain John Tavares on the first line.

He let Kyle Okposo and Frans Nielsen walk in free agency last season and attempted to remedy the situation by bringing on Andrew Ladd. It didn't work, as New York's offense was inconsistent and unable to roll out a bona fide first line every night.

Snow had an opportunity to bring on some much-needed support at the trade deadline when the team was linked to Colorado Avalanche forward Matt Duchene. But he was unable to get a deal done and the deadline went without the Islanders improving the roster.

It was a series of events that would ultimately doom the team to a postseasonless year.

Snow cannot rest his hat on the signings of Johnny Boychuk and Nick Leddy from two years ago that transformed the Islanders into a playoff contender. Ownership should have a short leash

with him, within reason, and if he can't find a way to upgrade the roster, it might be time to look for a new GM.

That means Snow has to sign or trade for a premier-talent winger that can add a sizeable spark to New York's offense.

The Islanders' defense should not be exempt from tinkering as well this offseason. Boychuk and Leddy are the sure-fire centerpieces of the blue line, but the other four defensemen behind them should be subject to change.

Travis Hamonic was dreadful this season, posting a minus-21 in just 49 games. At 26 years old, he was almost dealt last season due to homesickness and there were plenty of suitors that could be revisited if made available once again.

Questions will also crop up around goaltender Jaroslav Halak's future, as he will be in the final year of his contract.

After losing his starting job to Thomas Greiss and getting sent to the minors, Halak will likely not stay in New York, meaning management should deal him as soon as possible and get something in return.

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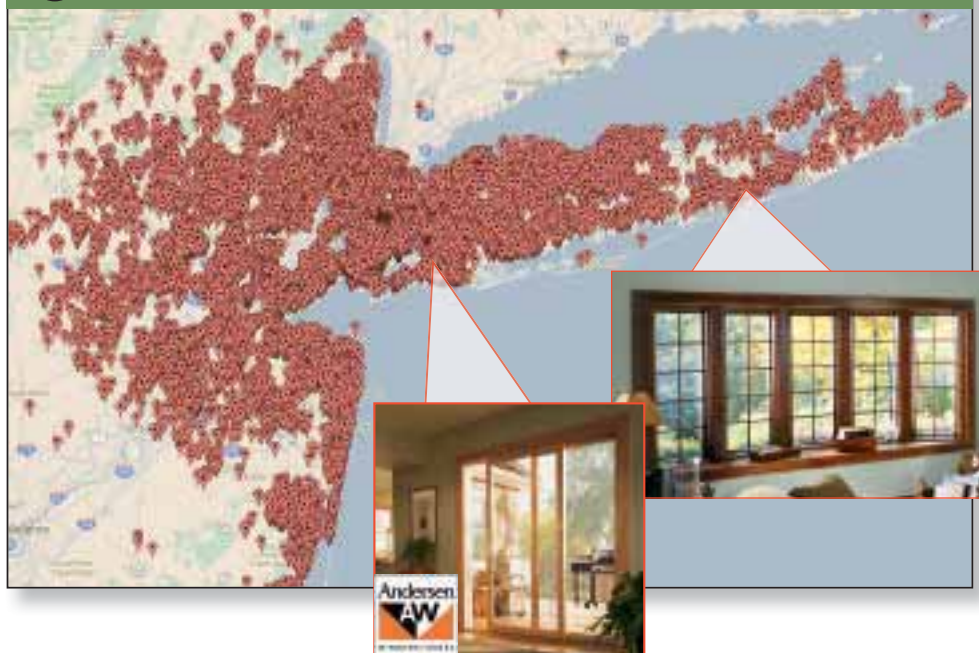
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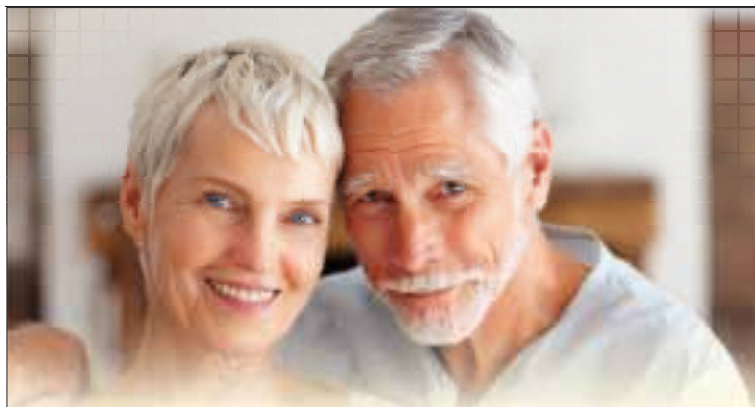
- > At least 18 years of age
- > On HIV treatment for at least 1 year
- > Virally suppressed for at least 6 months
- > Willing to consider injectable treatment

Participation includes:

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- > Questionnaires
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Compensation is provided

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WCMC IRB
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Are you or a loved one suffering from Alzheimer's disease?

NYSPI IRB Approved
3/30/2007 -> 3/3/2018

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In this research study, eligible participants will receive free: Medical evaluation

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12 weeks of study treatment with subsequent follow up

A caregiver needs to be involved during the research study period

If interested, please call (646) 774-8668

The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institute of Health.



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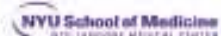
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AS TRUSTEE FOR BCAT
2015-13ATT, Plaintiff,
vs. RAKESH RANI;
JEET SINGH, ET AL.,
Defendant(s).
Pursuant to a Judgment of
Foreclosure and Sale duly filed
on February 22, 2017, I, the
undersigned Referee will sell at
public auction at the Queens
County Supreme Courthouse,
Courtroom 25, 88-11 Sutphin
Boulevard, Jamaica, NY on
April 21, 2017 at 10:00 a.m.,
Premises known as 80-47
251st Street, Bellerose, NY.
All that certain plot, piece or
parcel of land, with the
buildings and improvements
thereon erected, situate, lying
and being in the Borough of
Queens, County of Queens,
City and State of New York,
Block 8564 and Lot 56.
Judgment Index # 6044/10.
Approximate amount of
judgment is \$536,220.28
plus interest and costs.
Premises will be sold subject
to provisions of filed
Judgment Index # 23624/12
Kerry Katsorhis, Esq.
Referee
Knuckles, Komosinski &
Manfro, LLP
565 Taxter Road, Ste. 590
Elmsford, NY 10523
Attorneys for Plaintiff.

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COUNTY OF QUEENS
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Plaintiff against VIRGILIO
BUENO A/K/A VIRGILIO
A. BUENO, et al Defendant(s)
Pursuant to a Judgment of
Foreclosure and Sale entered
on December 9, 2016, I, the
undersigned Referee will sell at
public auction at the Queens
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88-11 Sutphin Boulevard,
Courtroom # 25, Jamaica, N.Y.
on the 5th day of May, 2017 at
10:00 a.m., Premises described
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of New York. Said premises
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Corona, N.Y. 11368. (Block:
1774, Lot: 8). Approximate
amount of lien \$1,126,441.32
plus interest and costs. Premises
will be sold subject to provisions
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Index No. 1663-13
David Dikman, Esq. Referee.
McCabe, Weisberg & Conway, P.C.
Attorney(s) for Plaintiff
145 Huguenot Street, Suite 210
New Rochelle, NY 10801
914-636-8900

NOTICE OF SALE

SUPREME COURT COUNTY OF
QUEENS, FEDERAL NATIONAL
MORTGAGE ASSOCIATION,
Plaintiff, vs. JOSEPH CONWAY,
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and Sale duly filed on January
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Courthouse, Courtroom 25, 88-
11 Sutphin Boulevard, Jamaica,
NY on April 28, 2017 at 10:00
a.m., premises known as 95-19
97th Street, Ozone Park, NY. All
that certain plot, piece of parcel
of land, with the buildings and
improvements thereon erected,
situate, lying and being in the
Borough of Queens, County of
Queens, City and State of New
York, Block 9044 and Lot 35.
Premises will be sold subject
to provisions of filed Judgment
Index # 6044/10.
David Dikman, Esq. Referee
Berkman, Henoch, Peterson,
Peddy & Fenchel, P.C. 100
Garden City Plaza
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Attorneys for Plaintiff.

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Across

- 1 Happy-hour letters
- 5 Singer -- Brickell
- 9 Makes a collar
- 13 River in France
- 14 -- Rica
- 16 State positively
- 17 Kooks from a Carnival? (2 wds.)
- 19 Peat --
- 20 Moose kin
- 21 Aykroyd or Quayle
- 22 Twang or drawl
- 24 What never to tell (2 wds.)
- 25 Gourmandize
- 26 Just as soon
- 29 They're classified (2 wds.)
- 33 Place
- 34 Clonk
- 35 -- -- move on!
- 37 Winery feature
- 38 Wildlife refuges
- 39 House site
- 40 Amateur opposites
- 42 Whit
- 43 Jet jockey
- 45 Strong, as feelings
- 47 Complaint
- 48 Unhatched fish
- 49 Woods insect
- 50 Farewells
- 53 Hwy.
- 54 High-tech scan

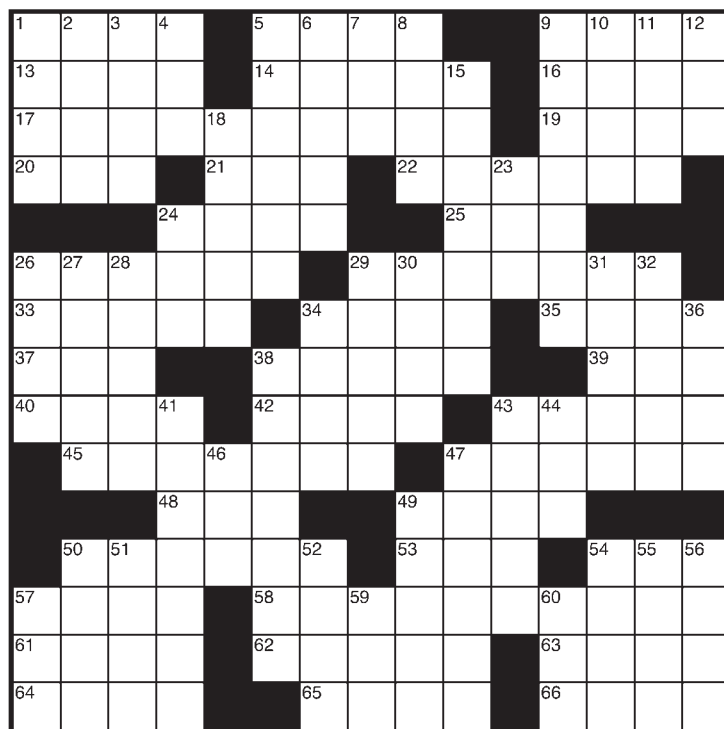
- 57 Goat-man
- 58 Got through
- 61 Remnant
- 62 Fend off
- 63 Lowdown joint
- 64 Many NYC homes
- 65 Climb a pole
- 66 Grills, maybe

Down

- 1 Option for Hamlet (2 wds.)
- 2 Barrette user
- 3 Ms. Dinesen
- 4 Hat or city
- 5 Cream puff
- 6 Metaphysical poet
- 7 Ames inst.
- 8 Wonder Woman's friend

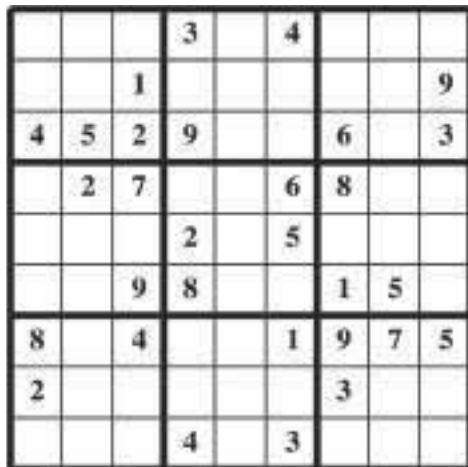
- 9 Luggage attachment (2 wds.)
- 10 Bard's river
- 11 Kindest regards
- 12 Almost grads
- 15 Uses a ladder
- 18 Laid off
- 23 Purring pet
- 24 So!
- 26 Host's plea
- 27 Video-game pioneer
- 28 Wyoming range
- 29 Snowy
- 30 Atmosphere
- 31 Ms. Reese
- 32 Waited in line
- 34 Art colony town
- 36 Courtroom fig.
- 38 Police procedures
- 41 Guitar features
- 43 Harness-racing horse
- 44 Genre
- 46 Fair-hiring abbr.
- 47 Woolen item
- 49 Fountain in Rome
- 50 Senior cit. group
- 51 Four-handed piano piece
- 52 Cliques
- 54 Rockies, briefly
- 55 Smell strongly
- 56 Time to beware
- 57 D.C. vitamin monitors
- 59 Slangy negative
- 60 APB datum

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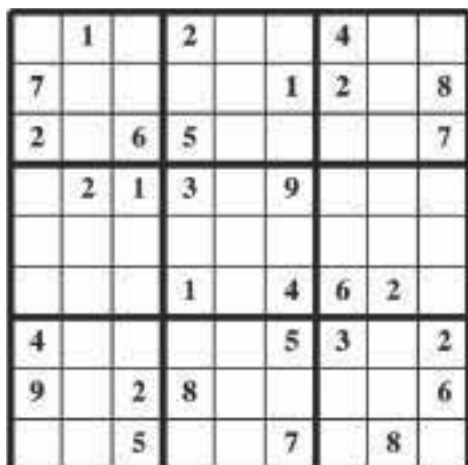


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries It's your actions that will count today. Don't let anyone slow you down or force you into a senseless argument. Stay focused on what's important in order to succeed.



Taurus Learn from your mistakes to avoid an awkward situation. If you compromise, others will meet you halfway. Don't make a fuss when you can make a difference.



Gemini Be broad-minded. Engage in events that will unite you with a loved one. A youngster will offer you an incentive to make positive personal change.



Cancer Stick to what works. Implementing an impulsive decision will result in discord. Aim to get along with others. An unusual solution will turn out to be less invasive.



Leo Cultivate opportunities by doing what comes naturally. Use your skills and experience to make improvements and bring about change that will help you excel.



Virgo Don't act impulsively just because someone is pressuring you. A persistent, steady pace will help you reach your destination without interference.



Libra You'll be inclined to blow situations out of proportion. Before making an impulsive move or statement, you should consider what the ramifications might entail.



Scorpio Pay close attention. Speak up if you feel someone is contradictory. Holding others accountable will help you stick to your goals and remain true to your beliefs.



Sagittarius Network with your peers to connect with someone who can offer insight into your professional opportunities. Take the information and do your own research.



Capricorn Keep one eye on the competition as you move forward. Don't feel the need to get involved in a debate or make impulsive decisions just because someone else does.



Aquarius Look for new ways to make your money grow. Put restrictions on your spending and refuse to let anyone else handle your financial matters and negotiations.



Pisces Look for reasons to help and make a difference, instead of looking for excuses to sit on the sidelines. Your contribution will be rewarded in an unusual manner. **EUGENIA LAST**

Yesterday's answers



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